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ABSTRACT

This document outlines a computerized alcohol lesson and its hardware requirements that were developed as an instructional package for students who violate the alcohol policy at the University of Delaware (UD). The behavioral objectives, that the student should have a basic understanding of the physiological, psychological, and sociological aspects of alcohol use, are stated first. The program itself is in eight sections which cover: (1) Myth or Fact: What Do You Know about Alcohol?; (2) Physiological Effects of Alcohol; (3) Psychological and Sociological Effects of Alcohol; (4) Set, Setting, and Substance; (5) Alcohol-Related Emergencies; (6) What Are the Signs of Alcoholism?; (7) Progression and Change in Alcohol Use; (8) Drinking and Pregnancy: Fetal Alcohol Syndrome. Each section is briefly described. It is noted that though the program is open-ended, students spend an average of 1.5 hours using it, and that because this program has been in use for more than 5 years, it has undergone revisions incorporating comments and suggestions made by staff and students. The hardware requirements and commands are detailed. Finally, how the program is used at UD and its accessibility is described. (JB)

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THINKING ABOUT DRINKINC

University of Delaware

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- encourage the use of the ERIC system by Network member institutions;
- improve the Network's ability to know about, and share information on activities at member institutions; and
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The University of Delaware's Health Education Program, Wellspring developed a computerized alcohol lesson as an instructional package for students on campus who violate the alcohol policy. The following information outlines the lesson, Thinking About Drinking and hardware requirements. For information about purchasing this software package, please contact Joyce L. Walter, 203 Laurel Hall, University of Delaware, Newark, DE 19716.

THINKING ABOUT DRINKING

Required Prior Skills

There are no required prior skills.

Recommended Prior Skills

There are no recommended prior skills; however, a ninth grade reading level is assumed.

Behavioral Objectives

The student should have basic understanding of the physiological, psychological, and sociological aspects of ethanol.

The student should have an understanding of what to do in alcohol-ralated emergency situations.

The student should have an understanding of the continuum of alcholism ranging from abstention through deterioration.

Basic Functional Sections

Thinking about Drinking contains the following functional sections as accessed by the program menu:

1. Myth or Fact: What Do You Know about Alcohol?
2. Physiological Effects of Alcohol
3. Psychological and Sociological Effects of Alcohol
4. Set, Setting, and Substance
5. Alcohol-Related Emergencies
6. What Are the Signs of Alcoholism?
7. Progression and Change in Alcohol Use
8. Drinking and Pregnancy: Fetal Alcohol Syndrome

Description of Each Section

SECTION 1 - Myth or Fact: What Do You Know about Alcohol?
This section contains a series of eight questions designed to be a self-assessment tool for the user.

SECTION 2 - Physiological Effects of Alcohol
This section contains information on the characteristics of alcohol, ethanol as a depressant, ethanol and the body from intake to elimination, medical complications associated with continued alcohol consumption, factors affecting the absorption rate, detecting the Blood Alcohol Concentration (BAC), and alcohol tolerance.

SECTION 3 - Psychological and Sociological Effects of Alcohol
This section includes information on the BAC and psychological and sociological effects of alcohol.

SECTION 4 - Set, Setting, and Substance
The influence or effect of alcohol on the human body is the result of a wide range of variables. This section groups these variables into the categories of set, setting, and substance.

SECTION 5 - Alcohol-Related Emergencies
The main focus in this section is "How to handle someone who has had too much to drink." Related topics are alcohol overdose, alcohol-impaired judgment/coordination, and alcohol withdrawal.

SECTION 6 - What Are the Signs of Alcoholism?
This section contains a twenty-six question survey to determine alcoholic tendencies. The questions are based on those provided by the National Council on Alcoholism.

SECTION 7 - Progression and Change in Alcohol Use
Use of alcohol may range along a spectrum from abstention through deterioration. This section discusses the steps along that spectrum.

SECTION 8 - Drinking and Pregnancy: Fetal Alcohol Syndrome
Among the topics in this section are prevention and developmental abnormalities associated with FAS.

Usage Time

Although the program is open-ended, students spend an average of one and one-half hours using it.

Student Evaluation

As this program is intended as a source of information on alcohol, testing or evaluation of the user is not included. However, SECTION 1 contains a self-assessment tool, and SECTION 6 contains a survey to determine signs of alcoholism.

Lesson Evaluation

Thinking about Drinking has been in use on the University of Delaware campus for more than five years. During this time the program has undergone revisions incorporating comments and suggestions made by staff and students.

Hardware Requirements

This program requires an IMB PS/2 with a MCGA or VGA monitor. A mouse is also necessary. You must load the mouse driver prior to starting the program.

To run Thinking About Drinking, type **alcohol**.

Other

At the University of Delaware, the Dean of Students has an Alcohol Education Option for first-time alcohol offenders. Thinking About Drinking is used in connection with this alcohol policy.

In addition, anyone on the University of Delaware campus may access this program.